



A non-profit club devoted to the promotion of independence and dignity.

Luther Burbank Branch 17, Santa Rosa, CA,

Website: <https://www.sir17.org>



The **REDWOOD BARK** Newsletter March, 2024

All members are invited to attend our next SIR In-Person Luncheon/Meeting on Thursday March 21st at The Epicenter, 3215 Coffey Lane, Santa Rosa.

If you told the Phone Committee **"YES"** you plan to attend but find later that you will be unable to attend, you need to contact **Glenn Seime** at **707-537-5360** or email gseime@sbcglobal.net by **noon on March 13th**, to help keep our count more accurate. Also of importance is, if you are bringing a guest or if you originally said **"NO"** but changed your mind and decided to go after all, in either case, then please contact **Glenn Seime** per the above!

March 21st Lunch/Meeting Schedule

Social Hour: 11 am - Lunch/Meeting: 12 noon

2024 membership dues of \$25 are due and payable now. They can be paid by cash or check at the luncheon.

Announcements will be made soon regarding the upcoming **SIR17 Picnic** in June. Stay tuned!

March 21 Luncheon Menu – \$30

Rolls & Butter

Caesar Salad

Pork Tenderloin with Orange Marinade

Herbed Pasta and Glazed Carrots

Fresh Baked Cookies

Water, lemonade, coffee, or iced tea included



Big Sir Chris Nelle's Message
nelleval@hotmail.com 916-205-1717

We have reached the last month of Q1 2024 as the publically traded types would assert, so let's check on our performance. The transition to the Epicenter has been put to bed and after a rocky start with the set-up, we worked with the very accommodating staff and I think we can all agree the second time out was much improved. Thanks Glenn Seime, our member who has done a masterful job for several years working as our venue coordinator, for getting things worked out so that our lunch meetings flow efficiently and provide as much time for our members to enjoy the comradery. Now we need to work on the A/V delivery so that when an entertaining video is found, we can share it with you all. I'm sorry the Milton Berle clip that introduces the Statler and Waldorf characters wasn't able to run, you would have added to your smile wrinkles!!

(continued on page 2, top left)



Little Sir Neil Wheeler's Message
njmwheeler@science-one.org 707-291-0271

Communication is the sending and receiving of information and can be one-on-one or between groups of people. In SIR, we rely on communication to let our members know when and where we are meeting and to both keep old friendships and establish new ones. We also rely on communication to find out what our members want from their SIR membership.

However, as George Bernard Shaw said, *"The single biggest problem in communication is the illusion that it has taken place."* We observe this issue when we announce meetings and assume that the message was received and understood by all of our members. That is not always the case. As individuals we all have preferred ways to communicate and reading The **BARK** or email may not be yours. Communication goes both ways, so if you have a preference, let us know.

(continued on page 2, top right)

Big Sir Message:

(contd. from page 1)

Back to our mission statement for this year: Seek Joy, Be Happy and Share Gratitude. I'm sure you've found that by rearranging these objectives you discover the formula for a wonderful life...to be grateful for the happiness that finding joy brings to you! For me it's working with dogs at the Humane Society and now Canine Companions. Many of you think that just because a dog can't talk they can't communicate...you're so wrong! Their eyes speak volumes and express emotion better than most of us can verbally express. Try it. Oh, and next best at bringing me joy...sinking that downhill 6 footer to save bogey!

Now if some of you think I'm rambling in search of some meaningful content, you'd be spot on! My attempt is to bring a smile to your face and make you appreciate the Past Big Sir as well as the hopeful anticipation of the next Big Sir. How am I doing?

Well, I made it another month with no winners to my trivia question. But, for protection to my "free lunch" wager I've decided to come up with a challenging question that will require some effort beyond a simple Google search. So.....for the 6th successful respondent to this question, a free SIR lunch awaits. Which two SIR Branch 17 members have the most letters (same number in each) in their last name? See ya around campus!

"Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it."

— **Greg Anderson**

2024 Members Handbook Available

The 2024 Members Handbook is available on the Branch website. It includes information about the history behind SIR, Inc., the Branch 17 Executive Committee, our expectations of members, the monthly luncheon, attendance, dues, State, Area and Branch Directories, a list of Past Big Sirs, and more. Take a few minutes to read it and refresh your memory on how our great organization functions! https://www.sir17.org/uploads/1/2/3/8/123881033/sir17-members_handbook_r1-2024.pdf

(Article by **Gordon Boultee**)

Little Sir Message:

(contd. from page 1)

We try to compensate for individual preferences by using multiple forms of communication. For example, our monthly meeting announcements are in The **BARK** newsletter, on our website, on the Press Democrat online community calendar, on social media, and finally our phone committee will email and/or call you. In return, we ask that you let us know if you are coming to the meeting.

We have recently updated our website and have tried to make more information available and easier to access. I encourage you to check out our new information page, www.sir17.org/info. You will find access to the luncheon information and many other topics of interest to SIR members. Be sure to visit the **Members Only** area of the website. There you will find the branch roster and handbook, and our new online photo roster to help in recognizing all those new members. Access to the Members Only area requires a password. If you don't know it, it's in your members handbook and I will "communicate" it at the next luncheon. Also, you can always contact me, and I'll provide it.

You will also find an RSVP form so you can let us know if you are coming to lunch or not without having to play phone tag with one of our phone committee members. To make it even easier, you can use the following link to access the RSVP form directly: www.sir17.org/rsvp. **Give it a try.**

Finally, I have one last thing to communicate. According to the U.S. Flag Code, the Pledge of Allegiance "should be rendered standing at attention facing the flag with the right hand over the heart. When not in uniform men should remove their headdress with their right hand and hold it at the left shoulder, the hand being over the heart."

Thanks Gary!

Let's give **Gary Greenough** a special SIR17 "Thank You" for the interesting and informative presentation about the history and workings of the Pacific Coast Air Museum.



Activities:

Use this link below to view the latest online Calendar of Events:
<https://www.sir17.org/calendar-of-events.html>

Bocce:

Bocce can be played on most Fridays at Juilliard Park west side starting at 10:45 am. Contact Ken Ford at kennethford06@gmail.com for information.

Bowling:

(article by Fred Rose)

If you have an interest in helping to get this activity going again so you also could enjoy it then contact our Activities Chair, Fred Rose at:

707-548-5797 or fredricrose@comcast.net



Book Club

(Article by Neil Wheeler)



In February we read **The Last Neanderthal** by Clare Cameron. The Book Club will next meet at 2:00 pm on March 27th. Our book selection for March has not been decided but it will be announced to book club members in early March.

If you have any questions or would like to be on (or off) our email list, send an email to njmwheeler@science-one.org.

Boys' Night Out:

(Article by Don Malvestiti)



Dinner will be at the SEA Thai Bistro, 2350 Midway Dr., Montgomery Village, March 20th, 5:30 p.m. Social, 6 p.m. Dinner. Don needs to know if you will be joining the group by March 8th. Contact Don by Email at malvestitidon485@gmail.com; or by phone at 707-539-0677. PLEASE DO NOT CALL AFTER THAT DATE FOR A RESERVATION.



Bridge:

Eight of us met in the Valley of the Moon Oak Club for bridge and lunch. If you have an interest in Bridge, contact:

Dean Lundgren 707-544-8088

mdlundgren@msn.com

James Park 707-578-4255

jimcpark38@gmail.com



Coffee Club

(Article by Rich de Lambert)



We meet at 9:00 am on the 2nd and 4th Thursday of the month. On March 14th we will meet at **Pascaline French Bistro & Patisserie**, 1021 Hahman Dr, Santa Rosa, and on March 28th we will meet at **Café Frida Gallery**, 300 South A St, Santa Rosa.

Come join us for coffee, conversation, and something to eat! Guests and Partners are welcome so bring a friend. **No RSVP required.** If you have questions, call me, Rich de Lambert, at (707) 545-3490 or email me at:

richdelambert@gmail.com.

Community Involvement Program:

(article by Bob Reuther)

Consider joining us at the Redwood Empire Food Bank (REFB) on Thursday, March 7, from 9:45 a.m. until noon. We ask that you try to arrive at 9:45 so we can check in on the computer and get started promptly at 10 a.m. The computer process can be a little slow and we sometimes require staff assistance. Arriving early helps us get started comfortably.

Friends and family are welcome. This is a great way for new members to meet members of Branch 17. Working together is a true community event. A reminder, the Food Bank is having a peanut butter food drive (spreading the love), so we encourage everyone to bring a jar. Their goal is to receive 15,000 jars.

(continued on page 4 top left)

Community Involvement (continued from pg. 3)

At our last outing, we had 24 people participating—21 were Sir Branch 17 members and three were spouses. They divided us up into three groups: packing senior boxes, making food containers, and packaging produce. We made 396 senior boxes, 3,000 food bags, and packaged 1,867 lbs. of apples, 727 lbs. of pears, and 624 lbs. of carrots. The total was 3,218 lbs. for 13,106 meals that were to be delivered the next day.

Unfortunately, one group working on the senior boxes did not have a Chair or Vice Chair to speak up for a break on the assembly line. One member mentioned that this was really hard on his back. We regret that this happened, and we'll make sure that this does not happen again. We did get a heartfelt message from Caden Downing of the Food Bank, "Thank you all so much for your time and energy last week in the warehouse. It was wonderful to see your group having such a good time while working to help the Redwood Empire Food Bank end hunger in our community. What a great team you have!"

You will be provided with a name lanyard and a card to be punched for attendance when you come to the Food Bank. Ten punches and you are entered into a monthly prize drawing. The Branch 17 Community Involvement Program Committee has started an additional prize drawing on every visit. Your attendance will automatically enter you for a prize. The winner for January was Sir Rich de Lambert.

Let one of the committee members: George, Rich, Barry, or Bob, know that you are coming so we can inform the REFB in advance. You can find us on the www.sir17.org website under the first Thursday of each month. All the information related to time and place is on that site.

"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well."—Ralph Waldo Emerson

Barry Bialkoski and Bob Reuther Co-Chairs

Rich de Lambert, George Traverso Co-Vice Chairs



GLOBAL FORUM: (Article by Marvin Mai)



The Sunday February 18th Press Democrat column by Pete Golis, "Your hometown news doesn't fall out of the sky" was noteworthy and on point. **Where do you get all your world news?** Do you have more than one source? After you've read or listened to a broadcast do you wish you had a deeper understanding of the issues or history of the area/countries involved? Do you wish you had more information?

Our Global Forum has some really knowledgeable guys who have a deep understanding of history and vastly different sources of current global events that makes the two hours seem way too short to have adequately addressed the many facets of events that have not made the local or national news.

We meet in person on the 2nd Friday of the month and via Zoom on the 4th Friday. Let Marvin know if you'd like to attend either event as seating for the in-person is limited. His preferred method is via email, mammarvin57@gmail.com.



Explore and Dine (Article by Art Appling)



For newer members and Branch 76 members joining us, let me briefly describe this activity.

Because some do not like to eat a large meal at night and some do not drive at night we have come up with the idea of having a monthly mid-day event, during good weather months, that involves lunch and if desired exploring the nearby area. These are co-ed events so plan on bringing your significant other. Guests are welcome.

We are asking for a different volunteer leader for each month. I'm looking forward to being led to some new or overlooked spots.

Here are a few ideas that cross my mind as I write this:

(contd. on page 5 left side)

(Explore and Dine contd. from page 4)

Old town SR: lunch at Grossman's Noshery

Duncans Mills: Cape Fear Café.

Sonoma: Depot Hotel (Friday), or HopMonk.

Healdsburg: Bravas or many other spots.

Windsor: KC's American Kitchen.

Napa: Oxbow Public Market/Gott's Roadside.

Graton: Willow Wood Market Café.

Petaluma: SMART train ride to Central Market.

Please add your suggestions and then select a month, the location and restaurant and let me know where you would like to lead the group.

After receiving your replies, I'll sort out the ideas and get an agenda published.

Please reply by email!!!!!! Art Appling, Activity Chair: art4747@msn.com

HIKING GROUP: (Article by Gordon Boulton)



If you would like to join us, get on the hiking activity email list by contacting Stew Lauterbach, at:

stewartlauterbach@gmail.com.



Stewart Lauterbach, Duane Peterson, and Jim Taylor on another great hike at Sugarloaf Ridge State Park!



Hap Culp, Gordon Boulton, Duane Peterson, Les Brodie, Jim Taylor, Stew Lauterbach hiking Annadel State Park

Couples Night Out

(Article by Fred Rose)



Couples' Night Out in February was at Kirin Chinese Restaurant. We had the usual great service, good food and comradery. In March we will be dining at **Riviera Ristorante**, 75 Montgomery Drive, as usual on the fourth Thursday of the month, March 28th, at 7 PM.

Reservations required. Contact Fred Rose no later than March 25th at: fredricrose@comcast.net.

Golf: It's Raining!

(Article by Bob Nadell)

The ground at Bennett Valley is saturated. Our group will probably not be playing in any tournaments until later in March.



Poker Update:

(Article by Mike O'Neill)



For the first time since our group was formed, we had two poker games on February 8th. It went well. Two tables of five players each. For March, it looks like we'll only have one table.

We'll need a couple more players to have two games each month. If you'd like to join contact Mike O'Neill at: mikeo46@sbcglobal.net.

Walking Group:

(Article by Richard Lundblad)



The walking group meets every **Tuesday morning at 10 am**, that is weather permitting. Exact meeting places to are TBD but we have been leaving from Cypress Point and go for coffee afterwards.

Come join us and bring a friend! If you have any questions or would like to be on our email list,

Contact me at richardlundblad@gmail.com

or call me at 707-888-8386

The Science of Aging—Your Liver

(Article by *Dennis Mangan*)



Your liver is an amazing organ, performing over 500 vital functions needed for good health. It makes cholesterol, vitamin D and blood plasma, and it identifies the nutrients your body needs, then stores some away for future use. It filters 1.53 quarts of blood every minute, removing all kinds of poisons, and produces a quart of bile every day to help you break down fats in your food and aid in blood clotting.

With age, blood flow through it decreases, and the ability to process toxins and drugs decreases, potentially leading to more side effects from medications you're taking. Repair of damaged liver cells is also slower with aging, and the amount of bile decreases, resulting in risk of the bile hardening into gallstones. Alcohol, high fructose sugar, obesity and (hepatitis) viruses can have devastating effects on the liver.



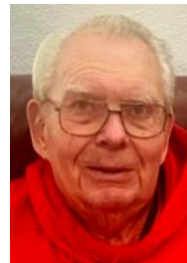
The good news, the liver is well known for its regenerative capabilities. Patients who have had up to two thirds of their liver surgically removed can find the organ almost completely regrows to its previous size within a year. Also, the liver doesn't seem to age as quickly as other organs and can be fully functional at age 90 or older!

Medical researchers have suggested that, after death, nonagenarians are a largely untapped pool of potential liver donors, citing several successful transplants in recent years. Take care of your liver, and when you're done with it...give it to someone who needs it more than you!



Bud Morgan

May 2, 1933 - January 28, 2024



Bud Morgan, a member of SIR Branch 17 for 18 years, passed away on January 26, 2024 at 90 years of age. Bud was born in Chicago but moved frequently, as his dad was in the military. He graduated from high school in Waynesboro, Virginia and joined the Air Force right after. He served for 30 years as a medical technician and logged over 10,000 hours of flight time on medivacs in Korea and Vietnam, and as a crew member on the last flight of POWs from Hanoi to Clark Air Base in the Philippines. His last duty station was Travis AFB in Fairfield CA.

His passion was fishing, and he and his wife Linda went fishing for a year until she lovingly told him enough was enough!

Bud was predeceased by his wife Jean, and is survived by Linda and their four girls. A more complete profile of Bud's life written by Sir Dennis Mangan can be found in the March 2023 **BARK**, https://www.sir17.org/uploads/1/2/3/8/123881033/sir_brn_17-bark_newsletter-mar-2023-em-15_pg-r1a.pdf.

(Article by *Gordon Boulton*)

SIR HAPPENINGS

The **November** 2023 edition of Newsletter is now available to view online. This is an informative newsletter produced by SIRinc with articles re-published from many of the SIR Branches throughout the state. There are lots of very interesting articles to browse.

Read and enjoy!



New Member Welcome
Kevin Costello Badge #10



I was born in Toronto, Canada and moved to San Rafael, California in 1963 at the age of 15. I went to Marin Catholic High School and graduated in the Class of '66. I was then fortunate enough to be admitted to the University of California, Berkeley and graduated in 1971. I then went to Georgetown University in Washington DC for some post-graduate work from 1972 to 1976.

I was married in 1976 and returned to Santa Clara, California to complete further professional training and then moved to Santa Rosa in 1979. My wife and I have four children who went to St. Eugene's School and then Newman HS and Ursuline HS. My younger two children also attended Montgomery HS as Ursuline HS at that point, was having some problems.

I am now retired from my career and have been living the good life for the past 15 years or so. My hobbies include committing golf, hanging out with my coffee buddies, reading, doing the never-ending jobs around the house and until recently, running at Spring Lake.



Angelo Coero, who was SIR Branch 17 Big Sir in 2012, passed away on February 19th at his home in Roseville. He was just a couple of weeks shy of his 89th birthday. He grew up in San Francisco and worked there and in Phoenix before moving his family to Santa Rosa about 1977. He moved to Roseville in 2014.

As Big Sir he was asked to make a presentation to the State SIR board of directors and all the Big Sirs in the state, because according to his message in the August 2012 **BARK**, "Branch 17 stands out as the best of all SIR branches and excels in every category, e.g., membership, attendance, timely reports." He credited the branch membership for its energy, "can do" attitude and growth (about 25 that year) but warned us not to rest on our laurels. His words ring as true today as they did in 2012.

A Mass honoring Angelo will be held at Holy Spirit Church, 1244 St. Francis Road, Santa Rosa, Saturday March 2nd, at 11 a.m.

(Article by **Gordon Boulton** and **Jim Fenstermaker**)

Buffet Buddy:

(Article by **Glenn Seime**)

If a member has a hard time navigating the buffet line, someone at that member's table should offer to be a "Buffet Buddy" for that member needing help. He will dish up for his buddy and then himself. He would have access to the head of the buffet line for both his buddy and himself, and it is important that this service **be offered**, and not wait to be asked. It seems to be working, so let's keep it going!

Happy Birthday to all those born in March!

- | | | |
|------------------|-------------------|-----------------|
| • Bob Andrews | • Mike Heinzelman | • Jim Stocks |
| • Wayne Brigden | • Marvin Mai | • Peter Tracy |
| • Les Brodie | • Don Mielke | • Steve Virtue |
| • Mark Burchill | • Mike Mouat | • Elias Zegarra |
| • Kevin Costello | • Bob Nadell | • Bob Zie |
| • Jim Dale | • Bruce Rocco | |



The February Birthday Boy FREE lunch winner was **Russ Dieter!**

Members From Branch 76:

Welcome!

Bob Andrews — Badge #40



I was born at Mare Island Naval Base in Vallejo, as my father was a Medical Doctor with the Navy Hospital in Napa. I spent my childhood in Marin County, roaming the mostly open hills on my bicycle or the neighbor's pony. I played football and basketball at Drake High School, and after graduation went to San Diego State, where I had an opportunity to play football for Coach Don (Air) Coryell and John Madden. I joined the Air Force and spent my basic training at Lackland AFB in San Antonio, Texas. After tech training in Biloxi, Mississippi I was stationed at Travis AFB before going to the Thai Royal Air Force Base in Udorn. I chose my final stateside post as Loring, Maine so that my travel allowance home would be the most money. After returning to sunny California, I soon discovered the joys of motorcycle riding and bought my first Harley from a retired police officer and went on to make it my own.

I was the manager of a gas station/tire store in Petaluma when Maggi came through with her Volkswagen. She would flirt with me as I offered to check the oil or wash the windows. A few months later in February 1974, we were married in Maggi's hometown of Marysville, California. We made our home first in Petaluma and eventually in Santa Rosa. I coached basketball and football for many years and enjoyed the opportunity to help the kids become young men and good citizens. Maggi and I liked to visit new places and traveled to Australia and Scotland. We enjoyed driving vacations – through the Southwest and the Northeast, Washington DC and Williamsburg, as well as many trips to the Sonoma Coast and our cabin in Lake Almanor.

After living in Bennett Valley for almost 40 years, we moved to our single level "forever home" in Rincon Valley, just in time to be evacuated again because of encroaching fire. I have enjoyed playing golf at BV with the SIR guys as well as my regular golf buddies.

John Weaver — Badge #152



My birth was in Paradise, Pennsylvania on February 27, 1925. Paradise is a small railroad town outside of Lancaster. We migrated to Maple Shade New Jersey, another small town, where I started school. Eventually I entered Camden High School, also in New Jersey. My graduation was in 1942 and then I was able to get one year at Drexel Institute in Philadelphia before I was drafted. I joined the Marine Air Corps in 1943.

By 1951 I graduated from Central College in Fayette, Missouri with a degree in mathematics. My first job was with the United States Geological Survey in Sacramento making topographic maps. From there I got into radio broadcasting with KSYC in Yreka, California. Then I went to KRON TV in San Francisco and retired in 1991. It was a great job and a bit more challenging before videotape.

When I was in Branch 76 I was golf chairman for our 17/76 golf club, so I know quite a few of the members. I live in Sebastopol. My wife passed away a few years ago. My daughter has moved in with me as well as my granddaughter and grandson.

Mark Wieszczyk — Badge #154



I was born and raised in Erie, Pennsylvania. I went to college at Carnegie Mellon University in Pittsburgh and graduated with a BS degree in mechanical engineering. In 1975 I came out to San Francisco to start my first job. I worked for two engineering firms and then went to work for PG&E for 28 years.

One of the projects I worked on was the design and startup of the last two PG&E power plants at The Geysers in 1985. I've been with SIR Branch 76 for the last 11 years and held the position of secretary for 10 of those except for the time I spent as Little Sir and Big Sir.

More Members From Branch 76:

Welcome!

Craig House — Badge #13



I was born and raised in Walla Walla WA. After high school, I earned my BS at Washington State University and my MS at Portland State University, studying clinical psychology. After a brief career in that, I went to

work for Southern Pacific Railroad, starting as a telegrapher/agent, then moving into operations and finance, living in Vancouver WA, Los Angeles, and San Francisco.

After the merger with Union Pacific, I changed industries and went to work as CFO for Caltrans for three years. I escaped public service and went into the wine business, still in finance and operations, until my retirement from Bounty Hunter Rare Wine and Spirits in Napa in 2015.

My hobbies are winemaking and my rescue dog, Lia. My wife Lety and I have been married 38 years this fall, and have lived in Santa Rosa for nearly 21 years. I have the dubious distinction of carrying the highest handicap of all our SIR golfers (and probably in the whole county).

Bob Conover—Badge #42



Although I spent most of my life in southern California, I was born in Bronxville, New York. We soon headed west and settled in Orange County. And yes, we had lemons, avocados, and oranges on our property.

After graduating from Cal State Fullerton in Social Psychology I took a part time lab tech job and found I had an aptitude for applied science and technology. While working in electronic materials in San Diego in 1980 I met a lovely young nurse and we were married one year later.

I was later able to transition into the medical device industry where I developed components used in cardiac pacing and catheter systems and managed the startup of a manufacturing division. My wife Kit continued in healthcare as a licensed nurse practitioner. We moved to Santa Rosa in 2013 and while she worked in student health at SRJC, I retired and joined SIR. We have three children and enjoy helping to raise two young grandchildren. I have been playing pickleball for six years and really enjoy everything that Sonoma County has to offer.



Coffee Club at Café Frida - George Traveso, Gordon Boulton, Jack Tolin, and Joe Olson



Book Club - Fred Rose, Hap Culp, Fred McMane, Frank Panza, and Les Brodie

A special **Thank You** to **Gordon Boulton** for spotting all the errors in grammar, punctuation, spelling and other boo-boos before this edition went to press.

—Bob-the-Editor

NON-RESPONSIBILITY DECLARATION

All activities arranged for, or by, or sponsored by SIR INC., and its Branches are for the convenience and pleasure of the members and their guest who desire to participate. SIR, INC., and its Branches do not assume any responsibility for the well being or safety of the participants or their property, in any matters pertaining to said activities.